



# Moccasin Trail

MARCH 2018

## POINTS OF INTEREST:

- \* **Winter Carnival 2018**
- \* **Oneida Indian Nation Aging Well Conference**
- \* **The NEA Big Read**

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## Thursday, March 15th

**Corn Beef Dinner  
Roll & Butterscotch Pudding**

Come in dressed to impress! The person wearing the most green wins!



Friday, March 30— Planning Day



# SENIOR CLUB PAGE



Any mail for the Saint Regis  
Mohawk Senior Club can be  
sent to: P.O. Box 1106  
Hogansburg  
NY 13655

## Senior Club Hours:

Monday-Friday  
10:00am-12:30pm

## Volunteer BINGO Schedule:

March 5th  
Judy Cole  
Rosemary Bonaparte

March 12th  
Barbara Lazore  
Brenda LaFrance  
Iona Castagnier

March 19th  
Betty Kelly  
Dorothy Shatlaw  
Debbie Thomas

March 26th  
Melanie Jacobs  
Minerva White

Please make arrangements to switch with  
someone if you cannot make it on your  
scheduled date.

**Our condolences to the  
families of Mary Manning  
& Robert Thompson**

## Upcoming Events:

March 13th Club Meeting 10:00 am

March 14th Trip to Deer Valley

(Sign-up in Club Office)

## Deer Valley

Wednesday, March 14th we will be going  
to the Deer Valley Restaurant in St Regis  
Falls. We leave at 10:00 am from the  
Senior Center, enjoy a leisurely lunch to  
watch the deer from the restaurant  
windows and arrive back at the Center  
around 3:00 pm. To sign up with the  
Senior Club you need to pay \$10 to  
reserve your seat then you will get your  
money back the day we leave.

## 2018 Club Dues!

Beginning January 1, 2018, Membership  
dues are \$5.00 per person for the year.

## New Members

Esther M. Jock  
Sandra Burnett  
James Montour  
Margaret Montour

## Notice:

If you have sent in  
your membership  
dues, please stop  
by and pick up  
your receipt and  
membership card.

# Niawen:kowa

To the Staff and Tota's for the gift cards for Baby Amelia Lazore.

## Green Food Bag

Deadline to order is

**Friday, March 2nd before 2:00pm**

Please mark your calendars to pick up your bag between  
**12:00pm and 4:45pm**

**Tuesday, March 20th**

Cost is \$10.00 per bag in American OR Canadian Funds

### Social Workers Have Doubts

A husband and wife who work for the circus go to an adoption agency looking to adopt a child, but the social workers there raise doubts about their suitability. So the couple produce photos of their 50-foot motor home, which is clean and well maintain and equipped with a beautiful nursery.

The social workers are satisfied by this but then raise concerns about the kind of education a child would receive while in the couple's care. The husband puts their mind at ease, saying "We've arranged for a full-time tutor who will teach the child all the usual subjects along with French, Mandarin, and computer skills."

Next though, the social workers express concern about a child being raised in a circus environment. This time the wife explains, "Our nanny is a certified expert in pediatric care, welfare, and diet."

The social workers are finally satisfied and ask the couple, "What age child are you hoping to adopt?" The husband says, "It doesn't really matter, as long as the kid fits in the cannon."

-Seaway News

## HOROSCOPE



**Monthly Horoscope for ARIES (March 21 to April 20):** The start of every New Year is a time to reset our goals and ambitions for the months ahead. But this year, you are going to be super-motivated to achieve the things that are important to you. Don't underestimate mind, that along with determination and self-discipline, a good deal of subtlety can also help you. And from the middle of the month, one friend can also be so influential.



**Monthly Horoscope for TAURUS (April 21 to May 21):** Your ruler Venus is cosseted by the Sun at the turn of the year, suggesting the more open you are to change and new experiences, the more enriching it can be to you. This may see you on the move in January, perhaps to enjoy a vacation, but equally it can be an opportunity to widen your horizons professionally, and this is going to be even more the case from the 11th.

# Winter Carnival

Winter Carnival was here at the Senior Center. In total, over 200 elders participated in various events. Many activities were held such as a Shuffleboard Tournament, Virtual Bowling Tournament and many board games. The winners received a cash prize.



## Virtual Bowling Tournament

### Virtual Bowling Tournament Winner

Sandy Swanger (337)

The Virtual Bowling game was on the big screen in the Senior Dining Room area. Sixteen senior competitors participated in the tournament.

The winner, Sandy Swanger, bowled a 258 then with her age-as-handicap bowled a 337!



## Board Games

### Board Game Winners:

Fifteen seniors participated playing the board games.

**Scrabble:** Brenda LaFrance & Millie Cook

**Puzzling:** Rosemarie Jacobs

**Bounce-Off:** Sandy Swanger & Val Garrow



The Event Organizers, Emily and Krista stand beside Marion Parker & Jackie Mitchell. They are two of the grand prize winners.

**Go4Life Exercise and Physical Activity Program** is such a hit that it will be continued through the month of March. Even more good news, we have added an extra day on the calendar. Look for Go4 Life on the calendar and plan on being there.

Krista Oakes has done a great job implementing this free program. Her internship ends mid-March, so be sure to come in and thank her for the great work she's done. She will be training someone to take her place in Go4Life.

Go4Life is designed to help you fit exercise and physical activity into your daily life. Motivating older adults to become physically active for the first time, return to exercise after a break in their routines, or build more exercise and physical activity into weekly routines. This program offers exercises, motivational tips, and free resources to help the participants get ready, start exercising, and keep going.





# Shuffleboard Tournament



## Shuffleboard Tournament Winners

Dave Mitchell & Lilly Swamp

The Shuffleboard Tournament played doubles with 8 teams. The game was fun and competitive. There were a lot of laughs, silly mishaps, and each player was incredibly skilled at navigating the off-balance shuffle board! Congratulations to all winners and players of the Winter Carnival games. Your participation is the reason it keeps going.

## The Art of Winter & Watertown Shopping Trip—Tues. March 20th


Please join us for a trip to the Thousand Islands Arts Center's to view the exhibit: The Art of Winter. Following the exhibit, we will take a trip up to Watertown for a day of lunch and shopping. Call Emily for details.

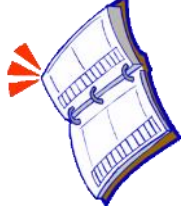
## Bluebirds of Happiness Monday, March 19th at 11:00am

Join us for an interesting, informative and educational program on bluebirds presented by a New York State Bluebird Society representative. They are dedicated to bringing back bluebirds since 1982. Visit [www.nysbs.org](http://www.nysbs.org) for more information

# Ennis:wa/March

6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Remember:</b>  Please call the center by 9:30 am for lunch.  Also, call the center for bus pick-up for Tuesday/Thursday Shopping by 9:00am.  And call the center if you will not be home for your home delivered meal.  Menu is subject to change at Cook's discretion.  <b>Your cooperation helps us better serve you!</b></p> <p><b>Legend for activities that have been abbreviated:</b>  TCP = Total Control Platinum  UYG = Understanding Your Grief Support Group  HL = Healthier Living: Managing Ongoing Health Conditions  PTC = Powerful Tools for Caregivers</p>						
<b>4</b> <b>Activity:</b> 6:00pm Ace to King	<b>5</b> Spanish Rice Green Beans Roll Brownie <b>Activity:</b> 10:00-11:00 Go4Life 10:15 Listen to 97.3 CKON Tetewatharon! <b>10:30 Virtual Bowling</b> 1:00 Bingo	<b>6</b> Chicken & Dumpling Soup Roll Peaches W/Cottage Cheese Jell-O <b>Activity:</b> 10:00-11:00 Chair Yoga 1:00 Shopping	<b>7</b> Pork Chops Stuffing Turnips Roll Applesauce <b>Activity:</b> 8:00 Lori Oakes DSS 10:30-11:30 Eat Healthy, Be Active <b>UYG Screenings by appointment only</b>	<b>8</b> Chicken Tenders Seasoned Fries Waxed Beans Fig Newton Cookie <b>Activity:</b> 10:00 Haircuts 10:00-11:00 Chair Yoga 1:00 Shopping 1:30 Legal Aid	<b>9</b> Bean Soup Egg Salad Sandwich Pineapple Chunks <b>Activity:</b> <b>10:30 Virtual Bowling</b>	<b>10</b> <b>Activity:</b> 6:00pm Ace to King 11:00-5:00pm The Round House Book Launch @ Children's Pow Wow (Former IGA Building)
<b>11</b> <b>Activity:</b> 6:00pm Ace to King	<b>12</b> Chicken Parmesan Spaghetti Broccoli	<b>13</b> Swedish Meatballs W/Noodles Asparagus & a Roll	<b>14</b> Bake Teriyaki Chicken Harvest Blend	<b>15</b>  St. Patrick's Day Corn Beef Dinner Roll	<b>16</b> Tomato Rice Soup Tuna Sandwich Iell-O	<b>17</b> <b>Activity:</b> 6:00pm Ace to King
<b>1</b> Meatloaf Mash Potatoes Carrots Roll Apple Cobbler <b>Activity:</b> 10:00-11:00 Chair Yoga 1:00 Shopping	<b>2</b> Lemon Bake Fish Mac & Cheese Stew Tomatoes Cookie <b>Activity:</b> <b>10:30 Virtual Bowling</b> 12:30 St. Regis Nursing Home visit <b>2:00 Green Food Bag Order Deadline</b>	<b>3</b> <b>Activity:</b> 6:00pm Ace to King				

<b>18</b> <b>Activity:</b> 6:00pm Ace to King	<b>19</b> Salisbury Steak Mushroom Noodles Corn, a Roll & Fruit Cocktail <b>Activity:</b> 10:00-11:00 Go4Life 11:00 Bluebirds of Happiness 1:00 Bingo (lakhishantha coming) 1:00-2:00 TCP Session # 1	<b>20</b> Cheese Chicken Rice Casserole Mix Veggies & a Roll Yogurt <b>Activity:</b> 10:00 Chair Yoga 11:00 Taste Testing 1:00 Shopping Time TBD Trip to Art of Winter and Watertown Shopping <b>12-4:45 Green Food</b> <b>Bag pick up</b>	<b>21</b> Sheppard's Pie California Blend Roll Peaches <b>Activity:</b> 8:00 Lori Oakes, DSS 10:00-11:00 Go4Life 1:00-2:00 TCP Session # 2 3:00-5:00pm UYG Session # 2	<b>22</b> Ham & Scrambled Eggs with Pancakes & Berry Cobbler <b>Activity:</b> 10:00 Hair Cuts 10:00-11:00 Chair Yoga 12:30-3:00pm HL Session # 2 1:00 Shopping 1:30 Legal Aid 4:00-6:30pm PTC Session # 2	<b>23</b> Stuff Shells Toss Salad Italian Bread Fresh Fruit <b>Activity:</b> 10:30 Virtual Bowling Tournament 12:30pm Billiards @ Tsionkwanonhsote 1:00 Tina's painting	<b>24</b> <b>Activity:</b> 6:00pm Ace to King
<b>25</b> <b>Activity:</b> 6:00pm Ace to King	<b>26</b> Chicken Cordon Bleu Wild Rice Asparagus Peanut Butter Cookie <b>Activity:</b> 10:00-11:00 Go4Life <b>10:30 Virtual Bowling</b> 1:00 Bingo 1:00-2:00 TCP Session # 3	<b>27</b> Beef Stroganoff Wax Beans Roll Vanilla Pudding <b>Activity:</b> 8:20 Massage 10:00-11:00 Chair Yoga 12:30 Craft Class: Type of Craft will be announced at Senior Center 1:00 Shopping	<b>28 Birthday &amp; Easter Meal</b> Ham Mash Potatoes Glaze Carrots Roll Cake <b>Activity:</b> 10:00-11:00 Go4Life 10:30 Vitals 1:00-2:00 TCP Session # 4 3:00-5:00pm UYG Session # 3	<b>29</b> Bake Ziti Garlic Bread Roasted Veggies Mandarin Oranges <b>Activity:</b> 10:00 –11:00 Chair Yoga 12:30-3:00pm HL Session # 3 1:00 Shopping 4:00-6:30pm PTC Session # 3	<b>30</b> <b>Closed Planning Day</b> 	<b>31</b> <b>Activity:</b> 6:00pm Ace to King



# <sup>8</sup> Get Schooled! with Life-Long Learning opportunities

## *Healthier Living*

It's easy to make resolutions but much harder to keep them. Let Healthier Living help you take action for your health and feel good! Most health conditions like heart disease, diabetes, arthritis, and lung problems make it hard to join in on everyday activities. This can lead to feeling unmotivated and socially isolated.

**Healthier Living: Managing Ongoing Health Conditions** helps you to live a healthy, productive life. The class will increase your confidence. And give you tools to manage your illness that are useful for: *Taking Care of Your Health Condition; Carrying Out Normal Activities; and Managing the Changes Brought On by Your Illness.*

**Starts March 15<sup>th</sup> and ends April 19<sup>th</sup>**

**Sessions are held every Thursday**

**12:30 – 3:00 p.m.**

**Saint Regis Mohawk Senior Center Sunroom**

## *Powerful Tools for Caregivers*

Powerful Tools for Caregivers is a six-week workshop series for family caregivers. You will gain an understanding of the importance of **self-care**, as you care for a loved one, and why everyone benefits. As well as tips and strategies to *reduce personal stress, communicate feelings, understanding and learning from difficult emotions, and rediscovering joy.*

**This workshop will benefit you if you are a:**

- ♦ Spouse or partner, adult child, close friend or family member of an adult with ongoing physical, mental, and emotional health issues
- ♦ Long-distance caregiver
- ♦ Parent of an adult child with special health and behavioral needs
- ♦ Grandparent raising a grandchild with special needs

**Starts March 15<sup>th</sup> and ends April 19<sup>th</sup>**

**Sessions are held every Thursday**

**4:00 – 6:30 p.m.**

## *Stepping On Workshop*

Did you know: 1 in 4 people age 65 or older has a fall each year. You don't have to be one of them. Don't let a fall cramp your style!

**Take a Stepping On workshop!**

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ♦ To identify and remove or avoid fall hazards in your home and outside
- ♦ How vision, hearing, medication, and footwear affect your risk of falling
- ♦ Strength and balance exercises you can adapt to your individual level
- ♦ To get back on your feet the right way if you do fall

Please note: *February's newsletter had the wrong time for this workshop. This is the correct dates and time.*

**Starts April 3<sup>rd</sup> and ends May 15<sup>th</sup>**

**Sessions are held every Tuesday**

**3:00 - 5:00 p.m.**

**Saint Regis Mohawk Senior Center Sunroom**

## *Understanding Your Grief*

**Understanding Your Grief Support Group** is a nine-week grief support group for adults age 55 and over and family caregivers. Each week, you will learn about physical, emotional, cognitive, and social actions to take to help yourself heal. Topics covered include: *Misconceptions about grief; Six needs of mourning; Understanding the uniqueness of your grief; and Appreciating your transformation.*

**Registration is required as space is limited. A one-on-one meeting with the facilitator will be scheduled in the afternoon of March 7, 2018.**

**Starts March 14<sup>th</sup> and ends May 9<sup>th</sup>**

**Meetings are held every Wednesday**

**3:00 to 5:00 p.m.**

**Saint Regis Mohawk Senior Center Sunroom**



## ***Total Control Platinum®***

Due to unforeseen circumstances, **Total Control Platinum** has been rescheduled. Please see details below.

More than a "Kegel's class", this six-week fitness and education workshop will improve your pelvic and bladder health. Designed for older women, the exercises include chair-based activities.

This program represents a truly effective way for women to take control of their pelvic health, their function and their quality of life.

### **RESCHEDULED CLASS:**

**Starts March 19<sup>th</sup> and ends April 25<sup>th</sup>**

**Sessions are held every  
Monday & Wednesday**

**1:00—2:00 p.m.**

**Saint Regis Mohawk Senior Center Sunroom**

The workshops listed on this and the previous page are open to all residents of Akwesasne who are:

- Adults over age 55
- Family caregivers
- Younger adults with physical, mental or emotional limitations also welcome.

Transportation is available, but must be scheduled at least 48 hours ahead of each session.

If you are worried about how you will attend the workshops, please call us to find out how we can help.

**518-358-2963 ext. 3303**

**tewentahawihtha.cole@srmt-nsn.gov**

**Funding for these programs are provided by:** Saint Regis Mohawk Tribe Office for the Aging Health Promotion Services, Caregiver Support Services, EISEP and NYSOFA and OAA Title III-D, Title III C-1, Title VI-C, and a partnership between the Saint Regis Mohawk Tribe's Health Services Mental Health Program



## **Oneida Indian Nation Aging Well Conference May 24 to May 25, 2018**



**Travel day from Akwesasne to Turning Stone Resort Casino is May 23, 2018**

It's that time of the year again! Mark your calendars for our annual trip to the Oneida Indian Nation. Broaden your mind, meet old friends and make new connections. Detailed information will be published in the April newsletter, but to give you a head start, here is some trip information.

Room Rates are done as a per person price which now includes luggage service for each guest. These rates are only available to guests who travel as part of the Akwesasne

Mohawk group on the Charter Bus:

**Single** - \$242.00 per person (1 in a room)

**Double** - \$123.00 per person (2 in a room)

**Triple** - \$90.00 per person (3 in a room)

*\*The above prices are for 2 night accommodations at Turning Stone Resort Casino.*

Also each guest who travels with the group on the Charter Bus will receive a gaming bonus. Lodging information is being gathered for guests who plan to travel on their own and will be made available in by mid-March. The Casino Free play and Meal Credit will not be available to guests who travel on their own.

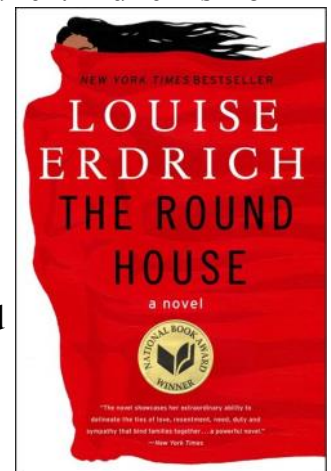
As part of registration, we will need your Date of Birth and, if you have a TS Rewards Card, your card number will be needed.

**This trip is open to all residents of Akwesasne age 55 and over and Akwesasne family caregivers. Non-tribal members are required to pay a Conference Fee set by Oneida Indian Nation.**

**Visit Tewentahawihtha' Cole or call her at 518-358-2963 ext. 3303 or e-mail [tewentahawihtha.cole@srmt-nsn.gov](mailto:tewentahawihtha.cole@srmt-nsn.gov) for more information.**

Recently, the Akwesasne Library had partnered with SUNY Plattsburgh to carry out an initiative funded by the National Endowment for the Arts. It's called the NEA Big Read and they've asked if the Senior Center can be involved. The Big Read helps to broaden our understanding of our world, our communities, and ourselves through the joy of sharing a good book. Showcasing a diverse range of contemporary titles that reflect many different voices and perspectives, the NEA Big Read aims to inspire conversation and discovery.

Studies show that reading for pleasure reduces stress, heightens empathy, improves students' test scores, slows the onset of dementia, and makes us more active and aware citizens. Book clubs and community reading programs extend these benefits by creating opportunities to explore together the issues that are relevant to our lives. The book chosen for this initiative is called *The Round House* and is written by award-winning author and Minnesota bookstore owner Louise Erdrich. Erdrich is from North Dakota and is a member of the Turtle Mountain Band of Chippewa Indians. *The Round House*, tells the suspenseful tale of a 13-year-old boy's investigation and desire for revenge following a brutal attack on his mother that leaves his father, a tribal judge, helpless in his pursuit to bring the perpetrator to justice. "Erdrich threads a gripping mystery and multilayered portrait of a community through a deeply affecting coming-of-age novel" (*O, The Oprah Magazine*). "A preeminent tale in an essential American saga" (*Booklist*, starred review). "This novel will have you reading at warp speed to see what happens next" (*Star Tribune*).



## How The Big Read works:

The Senior Center will distribute free copies of the book. Books are also available at the Akwesasne Library.

Once you receive your book, read and enjoy! Then join us on **Thursday, April 5 at 11 a.m. for *The Round House* book discussion.**

There will also be a Book Pre-Launch event on **Saturday, March 10 from 11 a.m. to 5 p.m.** at the Children's Pow Wow being held at the former First American's IGA building.

In April's Newsletter, be on the lookout for events in and around Akwesasne that connect with *The Round House*. Why April? SUNY Plattsburgh has chosen April as our Big Read month because it coincides with Sexual Assault Awareness Month, Celebrate Diversity Month, and National Poetry Month. Through an array of programming with a diverse group of partners, The Big Read aims to highlight sexual assault awareness, Native American culture, literacy, community and the joy of reading.

From a personal perspective, I've just read this book and feel it is a very good read. It was definitely a page turner for me. And helped me to remember, learn, and experience the complexities we often times have to "live with" as Onkwehonweh. I highly recommend giving this a read. Give me a call or come visit me if you want to take part. Nia:wen.

~ Tewentahawih'tha' Cole



# Happy Birthday!



- |                        |                             |
|------------------------|-----------------------------|
| 2- Annette Armstrong   | 20- Florence Patterson      |
| 3- Thomas G. Cooke     | Barbara Hillyard            |
| 4- Venita Loran        | 21- Marion Campbell         |
| 5- Mary Ellen Jackson  | 23- Christie Horn           |
| Elizabeth Smith        | Peter Cree                  |
| 7- Frank Scott         | 24- Angus Bigtree           |
| 9- Barbara Namias      | Trudy Pulnam                |
| Marie Casey            | 25- Anna Mae Gray           |
| Louise Ingle           | 26- Carol Coughlin          |
| 11- Sallie Patterson   | 27- Ruth Ghostlaw           |
| 13- Lud Beeson         | 31- Maxine Stone            |
| Winifred Mitchell      |                             |
| 14- Rosemary Bonaparte | <b>Bold are Saint Regis</b> |
| 15- Alan Beeson        | <b>Mohawk Senior Club</b>   |
| 16- Barbara Derouchie  | <b>Members</b>              |
| 17- Patricia Benedict  |                             |



## January Birthdays!



Our Birthday meal was held on Wednesday, January 31st and our Birthday Buddies who came to celebrate with us were  
Bessie Mitchell, Caroline Tarbell, Jimmy Cook, Kerney Cole  
Be sure to come in the month of your Birthday to celebrate with us!

**Alzheimer's Association Presents: Understanding and Responding to Dementia-related Behavior**

**DATE: March 15, 2018      TIME: 1:00 pm**

**LOCATION: St. Regis Mohawk Senior Center, 29 Business Park Road, Hogansburg NY**

**For more information and to register, contact: Sierra Snody at 518-867-4999 ext: 207**

This program is supported in part by a grant from the New York State Department of Health.



**St. Regis Mohawk Office for the Aging**

**29 Business Park Road**

**Akwesasne, NY 13655**

**\*Newsletters may also be received by e-mail**

**Phone: 518-358-2963**

**Fax: 518-358-3071**

**Mon-Fri: 8am to 5pm**

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If you are not the Addressee, please  
notify us of our mistake.  
**To Addressee or Current Resident:**

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

## Services Available Through the OFA

If the services you need are not listed, phone us and we can assist with referrals to appropriate agencies.

Visit us on our Web Page:

[https://www.srmt-nsn.gov/office\\_for\\_the\\_aging](https://www.srmt-nsn.gov/office_for_the_aging)

**We're Here to  
Serve You!**

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **Housekeeping**
- **Health Promotion**
- **Transport Services**
- **Transportation**
- **Caregiver Support**
- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
- **Nutrition Counseling**
- **Nutritional Education**
- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Socialization**
- **Information & Assist..**